

### **Abstract of the Disclosure**

A method plays frames of a video adaptively according to a visual complexity of the video. First a spatial frequency of pixel within frames of the video is measured, as well as a temporal velocity of corresponding pixels between frames of the video. The spatial frequency is multiplied by the temporal velocity to obtain a measure of the visual complexity of the frames of the video. The frames of the video are then played at a speed that corresponds to the visual complexity.